

COVID-19 Exposure Management Plan Guidance for

Organized Youth Sports Programs

Recent Updates: (Changes highlighted in yellow)

10/22/2021

- Clarified that screening testing programs should use an FDA-authorized viral COVID-19 test, including a Nucleic Acid Amplification Test (NAAT, such as PCR) or an Antigen test, that is collected and performed in a healthcare setting or certified testing site.
- Updated the testing recommendation for fully vaccinated persons with an exposure to get a viral test 5-7 days after the date of last exposure.

A targeted public health response to contain COVID-19 exposures at a community-level can help maximize the impact of the Los Angeles County Department of Public Health (DPH) COVID-19 response.

Organized Youth Sports Programs are trusted community partners that can help DPH improve the timeliness and impact of the Public Health response through rapid initiation of a COVID-19 Exposure Management Plan (EMP). Immediate implementation of an EMP when a single case of COVID-19 is identified within a Recreational Sports program can accelerate the ability to contain the spread of infection and prevent outbreaks from occurring.

The steps for managing exposures to 1, 2, and 3 or more COVID-19 cases in an Organized Youth Sports Program are described below and summarized in Appendix A. Because Organized Youth Sports programs will vary in the level of resources available for COVID-19 exposure management, *required* steps are the minimum elements that must be included in the EMP. *Recommended* steps include optional elements for exposure management where resources are sufficient.

Note that this exposure management guidance applies to organized recreational sports leagues, club sports, travel sports, sports events/meets/competitions and sports sponsored by private and public schools serving students in TK12 schools. This guidance supplements the [Protocol for Organized Youth Sports](#) which provides a summary of requirements and best practices in this setting. **This guidance does not apply to collegiate or professional sports or to community events such as marathons, half-marathons, and endurance races.**

The risk of spread of COVID-19 in a Youth Sports Program is affected by the following factors:

- As more individuals are fully vaccinated against COVID-19, the risk **decreases**.
- In the absence of COVID-19 vaccination, the risk **increases** with: (1) sports that have closer levels of contact between participants (particularly face-to-face contact in indoor sports); (2) sports that have increased frequency and longer duration of close contact; (3) high contact sports that have greater exertion levels that increase the rate of breathing and the amount of air that is inhaled and exhaled with every breath.

In the guidance that follows, the term “household” is defined as “persons living together as a single living unit” and shall not include institutional group living situations such as dormitories, fraternities, sororities, monasteries, convents, or residential care facilities, nor does it include such commercial living arrangements such as boarding houses, hotels, or motels¹. The terms “staff” and “employee” are meant

¹ Los Angeles County Code, Title 22. §22.14.060 - F. Family definition. (Ord. 2019-0004 § 1, 2019.)

https://library.municode.com/ca/los_angeles_county/codes/code_of_ordinances?nodeId=TIT22PLZO_DIV2DE_CH22.14DE_22.14.060F

to include coaches, employees, support staff, volunteers, interns and trainees, scholars and all other individuals who carry out work at the site or for the recreational sport activity. The terms “players,” “participants,” “family members,” “visitors” or “customers” should be understood to include members of the public and others who are not staff or employees who spend time at the business or site or take part in the activities. The terms “establishment,” “site,” and “facility” refer to the buildings or grounds at which permitted activities are conducted. “LACDPH” or “Public Health” is the Los Angeles County Department of Public Health.

Exposure Management Planning Prior to Identifying 1 COVID-19 Case

- ❑ **Required:** A designated COVID-19 Organized Youth Sports Program Compliance Officer (referred to as “Compliance Officer”) who is responsible for establishing and enforcing all COVID-19 safety processes and ensuring that all participants receive education about COVID-19. The designated COVID-19 Compliance Officer will serve as a liaison to DPH for sharing information pertinent to controlling spread of COVID-19 in the Organized Youth Sports Program.
- ❑ **Required:** A plan for all participants and staff who (1) have symptoms consistent with COVID-19, (2) are quarantined because of exposures, or (3) are part of an Organized Youth Sports Program with an active public health investigation to have access to testing or be tested for COVID-19. *Note: Testing or quarantine are not required for asymptomatic individuals who are fully vaccinated² or who have recovered from laboratory-confirmed COVID-19 within the past 90 days unless Public Health deems it necessary as part of an active investigation.
- ❑ **Required:** A plan that requires unvaccinated youth athletes and staff participating in indoor moderate or high-risk sports and unvaccinated youth athletes aged 12 years and older and staff participating in outdoor moderate or high-risk sports to be tested weekly. In addition, if there is a confirmed COVID-19 case in a youth sports team, athletes and staff participating in the youth sports team are required to test weekly for 2 weeks, regardless of vaccination or exposure status. **Screening testing programs should use an FDA-authorized viral COVID-19 test, including a Nucleic Acid Amplification Test (NAAT, such as PCR) or an Antigen test, that is collected and performed in a healthcare setting or certified testing site.** Note: weekly screening testing is NOT required for (1) fully vaccinated persons; (2) persons who have recently recovered from laboratory-confirmed COVID-19 within the past 90 days; (3) athletes younger than aged 12 years participating in outdoor low, moderate, or high-risk sports. A list of sports by risk category is provided in the [Protocol for Organized Youth Sports](#).
- ❑ **Recommended:** During multi-county, multi-day competitions, a negative COVID-19 test within 3 days prior to the first game is recommended for athletes and staff participating in these events.
- ❑ **Recommended:** Organized Youth Sports Programs that choose to implement a symptom screening program are advised to apply DPH guidance on [Decision Pathways](#) for persons who have not been tested for COVID-19 but screen positive for symptoms prior to or during participation in the Sports Program.

Exposure Management for 1 COVID-19 Case

- ❑ **Required:** After identifying 1 confirmed COVID-19 case (participant or staff), the Compliance Officer instructs the case to follow Home Isolation Instructions for COVID-19 (ph.lacounty.gov/covidisolation). NOTE: a confirmed COVID-19 case is an individual who has a positive COVID-19 test.
- ❑ **Required:** The Compliance Officer provides a copy of the Public Health Emergency [Isolation Order](#) and informs the case that DPH will contact the case directly through the DPH Case and Contact Investigation Program to collect additional information and formally issue the Health Officer Order for

² Fully vaccinated is defined as two weeks or more have passed since receiving the second dose in a 2-dose vaccine series OR two weeks or more have passed since receiving a single-dose vaccine.

Case Isolation.

- ❑ **Required:** The Compliance Officer works to identify all individuals in the Organized Youth Sports Program who have had an exposure to the confirmed positive case during their infectious period (Close Contacts).
 - A case is considered to be infectious from 2 days before their symptom onset date until the time they are no longer required to be isolated (i.e., no fever for at least 24 hours, without the use of medicine that reduce fevers AND other symptoms have improved AND at least 10 days have passed since illness onset date). A person with a positive COVID-19 test but no symptoms is considered infectious from 2 days before their test was taken until 10 days after their test.
 - Close Contact: A person is considered to have been exposed to a case during the infectious period if at least one of the following criteria are met:
 - Being within 6 feet of the infected person for 15 minutes or more over a 24-hour period.
 - Having had unprotected contact with the infected person's body fluids and/or secretions of a person with confirmed COVID-19 (i.e., being coughed or sneezed on, sharing utensils or saliva, or providing care without using appropriate protective equipment).
 - Exposures will be reviewed by Public Health to confirm which persons need to quarantine including the possibility of quarantining all individuals on the same team with an infected person or individuals on an opposing team who were playing against a team with an infected person if exposures cannot be ruled out.
- ❑ **Required:** The Compliance Officer is required to report the following to Public Health: (1) staff and participants with confirmed COVID-19 who were in an Organized Youth Sports Program(s) at any point within the 14 days prior to the illness onset date and (2) persons in the Organized Youth Sports Program who were exposed to the infected person during the infectious period.
 - Secure online reporting is the preferred method for notifying DPH of COVID-19 exposures and can be done on a computer or mobile device with access to the secure web application: <http://www.redcap.link/lacdph.educationsector.covidreport>. If online reporting is not possible, reporting can be done manually by downloading and completing the [COVID-19 Case and Contact Line List for the Education Sector](#) and sending it to ACDC-Education@ph.lacounty.gov. All case notifications should be submitted within 1 business day of being notified of the case.
- ❑ **Required:** If exposed individuals are identified from an opposing team, the opposing team's Compliance Officer must report these close contacts to DPH by emailing ACDC-Education@ph.lacounty.gov. DPH will work with the Compliance officer to gather the information needed on the exposure, including the specific sports event(s) that the exposure occurred and additional information on the exposed individuals to confirm which individuals require quarantine.
- ❑ **Required:** All persons identified to have had an exposure to a COVID-19 positive case in an Organized Youth Sports Program are notified by the Compliance Officer of the exposure. The communication should be accompanied with a copy of the Public Health Emergency [Quarantine Order](#). The notification of exposure should include the elements listed below. NOTE: Exposure Notification letter templates are available at: [COVID-19 Template Notification Letters for Organized Youth Sports Programs](#) (refer to Template Letter 1).
 - Participants and staff with an exposure* to the case should test for COVID-19, whether or not they have symptoms, and inform the Compliance Officer of test results. This will determine the extent of disease spread at the Organized Youth Sports Program and serve as a basis for

further control measures. Testing resources include: Employee Health Services or Occupational Health Services, Student Health Center, Personal Healthcare Providers, LA City and County Testing Sites: covid19.lacounty.gov/testing, and [Community-Based Testing Sites](#) (local health centers and pharmacies). Individuals who need assistance finding a medical provider can call the LA County Information line 2-1-1, which is available 24/7.

- Exposed individuals who are not exempted from quarantine (see exemptions below) must self-quarantine* (stay in their home or another residence, separate from others) and monitor for symptoms as outlined in [Quarantine and Other Instructions for Close Contacts](#). As long as they do not develop symptoms of COVID-19 they may end quarantine either:
- After 10 full days have passed from their last known contact to the infectious case (as defined above). Activities may resume starting on Day 11. They must continue to monitor their health and adhere to COVID-19 prevention precautions through Day 14.
- After 7 full days have passed from their last known contact to the infectious case if they have a negative viral test result from a specimen collected on or after Day 5 from the date of last exposure to the case. Activities may resume starting on Day 8. They must continue to monitor their health and adhere to COVID-19 prevention precautions through Day 14. Note the test must be an FDA-authorized viral COVID-19 test (NAAT or Antigen test) that is collected and performed in a healthcare setting or certified testing site.
- The following close contacts are exempt from quarantine provided they remain asymptomatic:
 - Persons who are fully vaccinated.
 - Persons who have recovered from laboratory-confirmed COVID-19 within the last 90 days.
 - Even though they do not need to quarantine, they must monitor for symptoms and strictly adhere to COVID-19 precautions for 14 days from their last exposure. It is recommended that fully vaccinated persons get an FDA-authorized viral COVID-19 test 5-7 days after their last exposure. No testing is recommended for persons who have recently recovered from COVID-19. See [Quarantine and Other Instructions for Close Contacts](#).
- DPH will contact exposed persons who meet the quarantine requirement through the DPH Case and Contact Investigation Program to collect additional information and formally issue the Health Officer Order for Quarantine.

- ☐ **Required:** All team members participating on the same team as a confirmed case are required to test weekly for 2 weeks from the last date that the case was present on the team while infectious, regardless of vaccination or exposure status.
- ☐ **Required:** If an individual with confirmed COVID-19 participated during their infectious period in any games, tournaments, or other Organized Youth Sports Program-related activities involving other teams, the Compliance Officer must notify the opposing team(s) of potential exposure. A notification letter template is available at: [COVID-19 Template Notification Letters for Organized Youth Sports Programs](#) (refer to Template Letter 2). Compliance Officers for all affected teams must work collaboratively to identify any individuals who meet the criteria for having been exposed. If the opposing team has individuals who were exposed, the opposing team's Compliance Officer must notify DPH of the exposure by email at ACDC-Education@ph.lacounty.gov within 1 business day of being notified of the exposure. DPH will work with the Compliance Officer of the opposing team to collect the information needed for exposure management.
- ☐ **Recommended:** The Compliance Officer will determine whether additional notification is needed to inform the wider program community about the exposure and precautions being taken to prevent spread of COVID-19. A general exposure notification letter template is available at: [COVID-19](#)

[Template Notification Letters for Organized Youth Sports Programs](#) (refer to Template Letter 3).

Exposure Management for 2 COVID-19 Cases within a 14-day Period

- ☐ **Required:** After identifying 2 confirmed cases (participants and staff) within a 14-day period, the Organized Youth Sports Program follows the *required* steps for 1 confirmed case.
- ☐ **Recommended:** The Compliance Officer determines whether the 2 cases are epidemiologically linked, meaning that the two affected individuals in the Organized Youth Sports Program were both present at some point in the same setting during the same time period while either or both were infectious.
 - Determination of epidemiological links between cases may require further investigation to assess exposure history and identify all possible locations and persons that may have been exposed to the case while infectious in an Organized Youth Sports Program. NOTE: Epidemiologically linked cases include persons in an Organized Youth Sports Program with identifiable connections to each other (i.e., on the same team, sharing physical space like a locker room or car, attending a social gathering together), indicating a higher likelihood of linked spread of disease in the Organized Youth Sports Program rather than sporadic transmission from the broader community.

Exposure Management for ≥ 3 COVID-19 Cases within a 14-day Period

- ☐ **Required:** If the Organized Youth Sports Program identifies a cluster of 3 or more confirmed cases (participants and/or staff) within a 14-day period, the Organized Youth Sports Program should proceed with the following steps:
 - Report the cluster immediately to DPH. Secure online reporting is the preferred method for notifying DPH and can be done on a computer or mobile device with access to the secure web application: <http://www.redcap.link/lacdpheeducationsector.covidreport>. If online reporting is not possible, reporting can be done manually by downloading and completing the [COVID-19 Case and Contact Line List for the Education Sector](#) and send to ACDC-Education@ph.lacounty.gov.
 - DPH will review the submitted information to determine whether the outbreak criteria described below have been met and will notify the Organized Youth Sports Program within 1 business day of next steps.
 - Outbreak Criteria for the Education Sector: At least 3 confirmed cases with symptomatic or asymptomatic COVID-19 within a 14-day period among members of an Organized Youth Sports Program who are epidemiologically linked, do not share a household, and are not a close contact of each other outside of the educational or youth program site. Epidemiological links require the infected persons to have been present at some point in the same setting during the same time period while infectious.
 - If outbreak criteria are met, DPH will notify the Compliance Officer that an outbreak investigation has been activated for the Youth Sports Program. A Public Health Investigator will communicate directly with the Compliance Officer to coordinate the outbreak response. The Youth Sports Program may be required to pause activities for the sports team or sport group with the outbreak until further notice. False positive test submissions from a Youth Sports Program with an active outbreak will not be accepted during an outbreak investigation.

Appendix A: Steps for Managing Exposures to COVID-19 Cases in an Organized Youth Sports Program

1 Case	1) <i>Required:</i> Youth Sports Program instructs the case to follow COVID-19 Home Isolation Guidance. 2) <i>Required:</i> Youth Sports Program provides a copy of the Public Health Emergency Isolation Order and informs the case that DPH will contact the case directly to collect additional information. 3) <i>Required:</i> Youth Sports Program works with the case to identify individuals who were exposed to the case. This may include individuals on an opposing team if the case participated in any games or tournaments during their infectious period. NOTE: DPH will work with the Program(s) to confirm all exposed contacts that require quarantine, including the possibility of quarantining those not initially named as close contacts in the Youth Sports Program if exposures cannot be ruled out. 4) <i>Required:</i> Youth Sports Program notifies* exposed contacts of exposure. Contacts are instructed to quarantine at home, test for COVID-19 due to their exposure and provided a copy of the Public Health Emergency Quarantine Order. They are informed that DPH will contact them directly to collect additional information. 5) <i>Required:</i> Youth Sports Program submits a report to DPH within 1 business day with information on the confirmed case and persons who were exposed to the case in the Youth Sports Program. 6) <i>Recommended:</i> Youth Sports Program sends general notification* to inform the broader community of the exposure and precautions taken to prevent spread.
2 Cases	1) <i>Required:</i> Follow required steps for 1 confirmed case. 2) <i>Required:</i> If the 2 cases occurred within 14 days of each other, Youth Sports Program works with DPH to determine whether the cases have epidemiological (epi) links. If epi links exist, Youth Sports Program implements additional infection control measures.
3+ Cases	1) <i>Required:</i> If a cluster of 3 or more cases occurred within 14 days of each other, the Youth Sports Program immediately notifies DPH. 2) <i>Required:</i> DPH determines if the outbreak criteria have been met. If outbreak criteria are met, a DPH outbreak investigation is activated, and a public health investigator will contact the Youth Sports Program to coordinate the outbreak investigation.